

LBNY **KWICK FIT** BOOTCAMP



Try a class for free!

Packages	Cost	Class Dates	
Unlimited	\$100	June	14 th , 15 th , 21 st , 22 nd , 29 th
20 Classes	\$95	July	6 th , 12 th , 13 th , 26 th , 27 th
15 Classes	\$75	August	2 nd , 3 rd , 16 th , 17 th , 23 rd , 24 th
10 Classes	\$55	September	6 th , 7 th , 13 th , 14 th , 27 th , 28 th
Per Class	\$10		

Kwick Fit Bootcamp SPECIAL OFFER- A Full Rec Membership and free entrance into all Rec Center sponsored races with the purchase of any class package!

WHAT: A small group fitness class that welcomes all fitness levels

WHEN: Saturday 8:00 am-9:00 am; Sunday 8:00 am-9:00 am

Dates of Rec Center races 6/28, 8/2, 9/1

WHERE: Long Beach Recreation Center boardwalk promenade

150 West Bay Drive, Long Beach, NY 11561

For more information find Kwick Fit Bootcamp on Facebook
Or
Email kwickfitbootcamp@gmail.com